



# The Guiding Star

H.J.B. Elementary Guidance and  
Counseling Program Newsletter

Fall 2011

## October was Bully Prevention Month but at HJB it is every Month !

**Judia Gallinger**  
**School Counselor**

### Our Peer Mediation Team for 2011-12

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Skyla Taylor

Sophia Lusk

Katie Coffron

Samantha McNey

Hailey Gore

David Bronston

Jacob Taylor

Kaya Steele

Kiera Gorchman

Our peer mediators were trained in September and have started doing mediations. This is a wonderful program that helps kids solve their own small problems with each other. It reinforces a peaceable climate for our students to concentrate on learning. It is another example of "bully prevention" in action at our school.



Students are more likely to thrive academically, socially, and emotionally in schools they experience as safe and supportive. Bullying deprives students of that experience.

We must do all we can as parents, educators, and students to make it clear that we will not tolerate bullying in our school.

October was the national month for bullying awareness but we began in September. Every classroom reviewed the "ins and outs" of "bucket filling" as a bully prevention intervention. The goal is for everyone in the school to know that being kind and respectful is what is expected every day.

The school purchased different versions of "Have You Filled a Bucket Today" to suit early, middle, and upper grade levels. As the stories go, everyone is said to have an invisible bucket that can be filled when giving and receiving kindness. Likewise doing or saying something unkind is called "bucket dipping". Even our kindergarteners can understand this concept.

Kids learned what it means to be a bystander and how important it is to stand up against bullying by reporting it to an adult.

We also taught our kids what to do about unwanted teasing that may become bullying. Being consistent

with our school's new ocean theme, the word FISH is used as an acronym for steps to take when someone tries to bully you.

**F**—be Friendly, or say something funny to ward off unwanted teasing.

**I**—Ignore the person

**S**—tell the person to Stop

**H**—get Help if all of the above fails.

All teachers have access to this information on their computers to review with their class. Regular class meetings help bring to light bullying activities and offer opportunities to teach problem solving skills, daily.

All of the Guidance lessons teach problem solving skills every month.

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## Bucket Filling at Home

Here is a look at how it may work. A child visits her therapist for a session and it goes like this:

**Therapist:** So, how is the arguing going at home.

**Child:** Oh, I don't argue very much any more.

**Therapist:** How come?

**Child:** I don't like doing all those chores.

**Therapist:** What do you mean?

**Child:** Mom says that when I argue it drains all the energy out of her buck-

et. And she says that cleaning behind the refrigerator with a scrub brush (or other chores) is the only way to put the energy back into her bucket!

**Therapist:** And that matters to you?

**Child:** Yes, because until her buck is full again, she is too tired to drive me to the shopping mall.

## Red Ribbon Week Celebration Activities

Red Ribbon week is celebrated every year at the end of October to reinforce the idea of making healthy choices for our bodies and never to ingest anything that will cause harm. The students at HJB, grades second through fifth, pledged to be “drug free”. On the bulletin board in the hallway leading to the gym, a large sailboat, called the Friendship was placed with the pledge “to be drug free” written on a banner. The students and teachers signed the sail. First graders and Kindergarteners had their names written on it also as a way to symbolize that the adults in the school

pledge to guide each to make healthy choices.

The Warren Coalition brought to our school a puppet show performed by the Youth in Action. All of the first and some of fourth and fifth grade attended. The topic was on being responsible.

On Friday, we had our first Balloon Stomp, also brought to us by the Warren Coalition directors Denise and Krista. This was a fun activity wherein the students took turns stomping on red balloons, signifying the stomping out of drug abuse. Students first had to answer a question

related to anti-drug education that they learn in DARE. Inside each balloon was a piece of paper with a name of a prize written on it.

Every student received a red ribbon wrist band this year. It read “We Rule, a We’re a Drug Free School”!



## Star Guidance Awards

This year classes are awarded a “Guiding Star” trophy, one in each grade level, for being the best at showing kindness, respect, and knowing information from their Guidance lessons. They are said to be the “guiding stars” for the rest of their peers. They never use unkind words or actions, they are respectful, and help themselves and others do their best work during guidance classes.

The winners of the trophies for this nine weeks go to these classes:

Fifth Grade: Mrs. Turner

Fourth Grade: Mrs. Falkenstein

Third Grade: Mrs. Lynn

Second Grade: Mrs. Harold

First Grade: Mrs. Mishler

Kindergarten: Mrs. Ebersold

Congratulations students!!!

## Parent Conferences

Do you want a conference with the school counselor to discuss an issue your child may be having? Mrs. Gallinger is available Monday and Wednesday from 8:00-9:00 AM and during the teacher parent conference day, 11/7/11 5-7pm.

Please call 622-8090 ext. 308 for an appointment.

## Be a Groupie—Small Guidance Groups- Making big changes

Participation in any group is voluntary, will take the place of one “special” a week for 4-6 weeks, and requires parental permission.

Here is a sampling of themes:

**Pickle Pals:** This is essentially a guided play group to help develop positive social skills for grades K- 2.

**Changing and Rearranging:** Share with and learn from others how to cope with changes in the family. In-

cludes coming to a new school, adjusting to a divorce of parents, or adjusting to additions to a family. This could also be a group to help cope with the loss of a family member.

**Cool Cats:** (1<sup>st</sup> and 2<sup>nd</sup> graders) They meet Chester the Cat and learn from him to “Be Cool”. Three reactions to anger are portrayed by Chester as he shows them how to release anger. And **Cool Cats II** for those who had Cool Cats in first grade.

**GIRL POWER:** For girls in upper grades to learn to be leaders by practicing team building and assertiveness skills.

**AIM:** Take aim at anger and anxiety. AIM stands for “Anger/anxiety Is Manageable”. Learn strategies to help you cope with these strong feelings.

**Let your child’s teacher know if you would like your child to participate in one of these groups.**